

# MEAL PLANNING the easy way

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## ">>>> HIGHLIGHTS <<<

1. The BASIC SEVEN food guide makes it easy to plan meals that provide materials for growth and repair, energy to work, play, and keep warm, and to carry on body activities.
2. All family members need the same basic foods. The amount of food that each one needs depends on his age, activity, and physical condition.
3. Food is usually eaten in three daily meals—breakfast, dinner, and lunch or supper. Each meal should provide about a third of the food needs for the day. The food served at these meals should include the BASIC SEVEN foods, selected according to the family's likes.
4. To keep food costs reasonable, use the BASIC SEVEN food guide to buy foods in season or on special sales.
5. There is no short-cut to low-cost quick meals. To have quick meals you need to prepare food ahead of time or pay someone else for the preparation.
6. Family meals can be more interesting if attention is given to the color, flavor, texture, and shape of the foods served at each meal.
7. Food prepared by proper methods and served nicely on an attractively set table will enhance any meal.

## BASIC 7 FOOD GROUPS and important food materials in each

Group	Foods	Food materials	Number of servings daily
1	Green and yellow vegetables	Vitamin A in all; iron in leafy green vegetables	One or more
2	Tomatoes, citrus fruit, raw cabbage	Vitamin C	One or more
3	Potatoes; other vegetables and fruits	Varying amounts of many nutrients	Two or more
4	Milk, cheese, ice cream	Calcium, protein, vitamin A, riboflavin (B <sub>2</sub> )	3 cups or more per person
5	Meat, poultry, fish, eggs, dried beans, nuts	Protein, iron, B-vitamins	One and an egg
6	Bread, flour, cereals—whole grain or enriched	Starch, iron, B-vitamins, protein	Some daily
7	Butter, fortified margarine	Fat, vitamin A	Some daily

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"WHEN DO WE EAT?" What mother hasn't heard that greeting as a hungry boy or girl dashed into the house? As a mother, you are not only concerned with "when do we eat" but also with "what do we eat." That question has put furrows in many a mother's brow.

If you are a homemaker who is concerned by "what do we eat," try planning your meals in advance. Not only is it easier to plan more varied meals if you work them out ahead of time, but it will help you to make sure you are feeding your family well-balanced, nutritious meals. It will save time, work, and money if you write out your meal plans for several days in advance.

What a wonderful feeling it is to know that the food you serve not only satisfies the lusty appetites of your

children but also helps to make strong, healthy bodies and keen, alert minds. You cannot accomplish this through the magic of a single food but only through choosing a variety of foods that supply the essential nutrients—protein, energy materials, minerals, and vitamins. To help you plan your meals well, the foods that contain one or more of the essential food materials are grouped together. There are seven of these groups, each with a special job to do. They are known as the BASIC SEVEN food groups. The table on page 2 shows the nutrients supplied by each group. If you include one or more servings of food daily from each BASIC SEVEN group, your meals will supply the food materials necessary for good health.

## ➡➡➡ FAMILY FOOD ⏲⏪⏪

Whether you plan your family meals a meal ahead, a day ahead, or a week ahead, one thing you can always be sure of—each family member needs *the same basic foods*. The amount of food each person needs

depends upon his age, activity, and physical condition.

A day's food plan for family members of various ages is shown on page 5. Using this plan as a guide, you

can easily prepare the amount of food each member in your family needs.

### **Active Men Need More Food**

For example, a man who sits at an office desk all day will need less food than will a moderately active man such as a farmer, a carpenter, or a mechanic. The less active man can eat single servings of the suggested food. A man who is very active physically, such as a lumberjack, a miner, or a dock worker, needs more food. His needs can be met by extra servings of some of the high-energy foods such as bread and butter, cereals, and/or desserts. Similarly, you can plan the meals for other family members by increasing or decreasing the amount of food according to their age and activity.

### **Teenagers Need More Protein, Energy Material**

It is important for teenagers, both boys and girls, to eat some extra food high in protein as well as in energy material. They need that extra protein for rapid growth. Because they are so active, they need food that supplies extra energy material too. Their reward for eating the right food will be glossy hair, bright eyes, a clear complexion, and the charm and vigor that go with good health.

### **Children Want Easy-to-Eat Food**

The little children in your family need attention, too. You can help them form good food habits for life by serving them food that is easy to eat. If the child has trouble chewing food, his mother may think he dislikes it. Ground or cut-up meat is popular

with little children because it is easy to chew. Tough skins on fruits and vegetables are hard for little children to eat, so scoop out the pulp for easy eating. The child may like to chew on the skins if he can take them in his fingers. Food such as carrots, fruits, strips of meat, and other food in large pieces may also be easier for him to eat with his fingers. Don't worry about forks! He'll use them when he is old enough to manage his eating utensils.

Little children usually like mild-flavored foods with very little seasoning. Take out your child's portion before you season the food for the rest of the family. If the child's helping cools a little more than the family's portion, so much the better. Usually the child likes his food lukewarm rather than hot or cold. Does your child dislike milk? Perhaps cold milk just out of the refrigerator is the reason. Don't worry if he lets his ice cream get soft before eating it. That's the way he likes it.

Children usually like soft cereals and jelly-like desserts that slip down easily. When these foods are too thick and gummy, children have difficulty eating them and may refuse to eat such foods altogether.

Small servings of food appeal to children more than large ones do. If they're still hungry, they'll ask for more. If you're serving your child a new food for the first time, make the portion very small and serve it with a food that is well liked.

### **Plan for Older People**

Often you will have an older person in the family to consider when

meals are planned. Older people need the same food materials that you and your family need. With some planning on your part, the elderly person can enjoy the same food you prepare for the rest of your family. Among some elderly people, food notions, poor teeth, and a slowing of body activities may mean that they eat only simple foods simply prepared. You

may need to remove a serving of food for them before you add seasoning or a rich sauce for the rest of the family.

Food habits of older people are usually firmly established, and changes are not recommended unless the family physician feels it is necessary. Eating with the family frequently helps them to eat a better variety of food than if they eat alone.

## » DAILY FOOD PLAN «

Basic Seven Group	Menu for one day		Servings of food for people of varying ages					
			Moderately active		Teenagers		Children	
	Men	Wom-en	Boys	Girls	7-12 Years	2-6 Years		
<b>BREAKFAST</b>								
2	Tomato or citrus juice .....	1	1	1	1	1	1	1
6	Whole-grain cereal with milk and sugar .....	1	1	2	1	1	½-1	1
5	Egg .....	2	1	2	1	1	1	1
6 & 7	Bread and butter .....	2	1	3	1	1	½-1	1
4	Milk .....	1	1	1	1	1	1	1
	Hot beverages for adults .....	1	1					1
<b>DINNER</b>								
5	Meat, fish, or poultry .....	1	1	1	1	1	½-1	1
3	Potatoes .....	2	1	2-3	1	1	½	1
1	Green or yellow vegetables .....	1	1	1	1	1	½-1	1
2	Raw vegetable salad .....	1	1	1	1	1		
6 & 7	Bread and butter .....	1	1	2-3	1			1
4	Milk dessert .....	1	1	1	1	1	½-1	1
4	Milk .....			1	1	1	1	1
	Hot beverages for adults .....	1	1					1
<b>SUPPER OR LUNCH</b>								
4, 1, 3	Cheese-vegetable dish .....	1	1	1-1½	1	1	½	1
3	Fruit salad .....	1	1	1	1	1	½	1
6 & 7	Bread and butter .....	1		1-3	0-1			1
	Dessert .....	1	½	1	1	½-1	0-½	0-½
4	Milk .....	1	1	2	1	1	1	1

### **Homemakers Should Eat Better**

And what about you? How well do you choose your food? Nutrition studies show that the homemaker is one of the least well-fed members of the family. The food suggested in the plan on page 5 will provide all the food materials you will need if you are moderately active. Caution! If you want to keep your figure trim—and who doesn't!—better choose your food carefully! This means eating foods that carry protein, vitamins, or minerals along with the fats, sugar,

and/or starch. For foods that supply energy materials only, see page 15.

### **Pregnant and Nursing Mothers Need Extra Nutrients**

If you are expecting a baby or are nursing one, you need four or more cups of milk each day. You might well eat extra green and yellow vegetables and fruit, especially citrus fruit or tomatoes, daily. Meat and an egg each day if possible, with an extra serving of meat occasionally, will help supply the growth material you need.

## **THREE DAILY MEALS**

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Family food for the day is usually served in three meals—breakfast, lunch, and dinner,—or breakfast, dinner and supper. It has been suggested that the human body uses some of the food materials better when the amount of food is similar at each meal. In other words, each meal should supply about a third of your daily food needs.



Recent studies have shown that people who eat a good breakfast are more alert mentally, can do more work, and have steadier muscle action than those who skip or skimp breakfast. A good

breakfast in your home might mean promotion or other special recognition for a job well done by the man of the house. A good breakfast will help you too. You'll be able to zip through your

morning work without priming yourself with coffee to overcome that mid-morning lag that comes with little or no breakfast.

For the teenagers, a good breakfast actually can make a difference in their school marks. It may also help Junior earn "letters" because of his athletic skills. But if a boy is hungry, muscles fail to respond quickly.

Last night's dinner may have been good, but no matter how substantial it was, it's not enough to keep you feeling perky until noon today. It takes a good breakfast to start you out with that "top of the morning" feeling.

### What Is a Good Breakfast?

A good breakfast is one that supplies one-fourth to one-third the food you need for the day. A good breakfast can consist of a large variety of foods. At your home, breakfast will depend on the foods your family likes. Two common types of good breakfasts are:

Fruit or juice

Egg and/or cereal

Buttered toast or other bread

Milk and hot beverage

or

Fruit or juice

Cereal

Egg and/or meat

Buttered toast or other bread

Milk and hot beverage

The first breakfast is suitable for family members who are not so active; the second breakfast has more energy

material and is better for more active members of the family.

### Breakfast Fruit and Juices

More and more people want a fruit or a juice at breakfast time. Your favorite breakfast fruit may be an orange, a grapefruit, a dish of stewed prunes, or maybe a glass of juice. Citrus juices are very popular. Their sweet tangy flavor is so satisfying at this first meal of the day. In addition, a serving of citrus fruit or juice for breakfast supplies you with most of the vitamin C you need for the day. Equally high in vitamin C are strawberries and cantaloupes. What breakfast treats when they are in season!

Don't overlook tomatoes and tomato juice either. They're high in vitamin C, too, although it takes twice as much tomato juice as orange juice to provide the same amount of vitamin C. You can change it from a commonplace juice to an unusual one by adding to it one or two teaspoons of mild molasses. If you have a garden, tomato juice can also be a budget saver when you use your home-preserved juice made from those luscious ripe tomatoes fresh from the vine.

You may want to serve other fruits or juices less rich in vitamin C for breakfast, when your meal plans for dinner or supper include a serving of citrus fruit or tomatoes in some form.

Do you often wonder whether frozen, canned, or fresh citrus juice is better for your family? All three supply goodly amounts of vitamin C, so let the cost and your preference determine the kind you use. You will prob-

ably find that the cost of the three types varies somewhat according to the supply.

### **Breakfast Cereals**

With the large variety of breakfast cereals available, it is easy for you to choose ones your family will enjoy. Many families prefer a cooked cereal such as rolled oats or a wheat cereal for breakfast in the winter, and one of the many ready-to-eat cereals in the summer. Either type can mean good eating. Recommended cereals are those that are made of whole grain or are enriched—have had some food materials added to them because some were lost or destroyed during the processing. The label on the box will tell you if the cereal has been enriched or is a whole-grain type.

Whole-grain or enriched cereals have good supplies of energy material, minerals—especially iron—B-vitamins, and some protein. This protein is made more useful to the body by the milk that is served with the cereal. The food value of cooked cereal can be further increased by cooking it in milk instead of water.

Cereal prices vary considerably within the group. Generally, the cereals to be cooked cost about half as much as the ready-to-eat cereals. An ounce of cereal, uncooked or ready-to-eat, makes an average size serving, but it takes two bowls to hold an ounce of some of the light, puffy, ready-to-eat cereals.

### **Breakfast Breads**

What is the favorite breakfast bread at your house? Is it raisin bread, cin-

namon toast, or is it just plain bread toasted and spread with butter and your favorite jam or jelly? In many homes, hot breads are breakfast favorites, especially on leisurely Sunday mornings when the family gathers around the breakfast table before church. Some of the hot breads you might enjoy are oatmeal pancakes, waffles, or muffins with raisins, blueberries, or cranberries. One of the best treats of all may be popovers with plenty of good butter and strawberry jam. In addition to hot breads, there are all the luscious yeast breads—pecan or cinnamon rolls, twists, butterhorns, coffee cake, and many others. However, those of you who are counting calories will want to avoid rich breads or spreads.

### **Eggs and Breakfast Meats**

It's the protein in your breakfast that gives the meal its staying power. An easy way to get your protein quota at breakfast is to eat an egg. Eggs also supply minerals, vitamins, and fat. No need for ten o'clock coffee to pep you up if you've had an egg for breakfast, along with milk and cereal or toast. Ham and eggs are an all-American favorite. Sausage is a popular breakfast meat, especially in families where the menfolk do hard work. Sausage and oatmeal pancakes make a hearty breakfast that a man can work on all morning and still have lots of pep left by noon.

### **Beverages**

Breakfast beverages include milk, coffee, cocoa, or tea. When you have milk with breakfast, it is easier for

you to get your three cups or more for the day. Some of the breakfast milk can be used on cereal and some as a beverage. If you prefer cocoa or hot chocolate in the morning, be sure to make it with milk. Like tea and coffee, cocoa and hot chocolate contain a stimulant. They should not be given to young children.

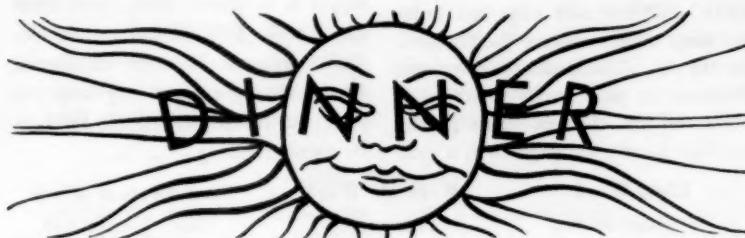
If your family's beverage preference doesn't include milk at breakfast, be

sure to serve milk with the other meals of the day.

### Other Breakfast Foods

Potatoes make a good breakfast food, and can take the place of cereal. Both are similar in food value, and potatoes also contain vitamin C.

Cheese is another food used by some nationalities for breakfast. It may well be substituted for milk.



The usual dinner in many homes includes a hearty main dish, potatoes, one or two other vegetables, bread, milk, and sometimes dessert. In addition to these foods, a first course appetizer may be served. Appetizers may be fruit, fruit or vegetable juice, seafood, or soup.

The main dish is a good source of protein. It may be meat, fish, poultry, dried beans, peas, eggs, or cheese. The variety possible in these main dishes is endless.

After you've planned your main dish, turn your thoughts to the vegetables. Potatoes should be first on the list if you want a good return for your money. They are inexpensive and high in food value. In addition to potatoes you will want a second vegetable. A third vegetable may appear in a salad

or a relish.

To take the guesswork out of your vegetable selection, see page 14 for complete vegetable lists and the groups in which they belong. If green snap beans for example are not popular with your family, you can choose one of the many other vegetables in group 1 that your family does like.

Most families want some kind of bread at each meal. An extra slice or two may supply the additional energy needs of the active family members.

Desserts are not always necessary, but almost everyone looks forward to them. Sometimes desserts are needed to supply extra calories for active family members; if so, serve a hearty one like pie, pudding, or cake. Fruit makes an excellent ending for a meal already high in fat, sugar, or starch.

# LUNCH or SUPPER

Lunch or supper needs to be more than just a haphazard pick-up meal of left-overs. It's been five or six hours since you ate last. That last meal has been used and your body needs to be refueled. A careful check of the BASIC SEVEN will help you make this meal round out the food needed for the day. This is doubly important if dinner in your family is served at noon and the children eat a packed lunch at school. On page 12 is a meal

planning guide with blanks for your plans. This will help you to include all the foods your family needs for the entire day.

An easy way to plan your lunch or supper is to choose those foods from the BASIC SEVEN groups not included in your breakfast or dinner. The following pattern may help you plan your lunches or suppers for family members doing:

<i>Light Work</i>	<i>Moderate Work</i>	<i>Hard Physical Work</i>
Salad or soup	Hearty soup	Hearty main dish
Bread	Sandwiches	Cooked vegetable
Milk	Milk	Bread
Fruit	Dessert	Milk
		Dessert

## OTHER MEAL PLANNING REMINDERS

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Meal planning is easy today with the great array of fresh, frozen, and canned foods we have to choose from. With so many different kinds available, it is easy to avoid repetition of any food at the same meal. You *would not* usually serve tomato juice and scalloped tomatoes at the same meal, nor serve two starchy vegetables together like Lima beans and potatoes, or peas and corn. A leafy vegetable goes better with a starchy vegetable.

A glance at the long list of foods in each BASIC SEVEN group, pages

14 and 15, can help you choose foods that will have variety in texture, color, flavor, and shape. It would be monotonous, indeed, to serve at the same meal all soft-textured foods, such as mashed potatoes, mashed squash, and a creamed meat dish. A soft-textured food like mashed potatoes, with a crisp one, such as tossed salad made of crisp, tender greens, makes a pleasing combination.

Color! Plan pleasing color combinations of the foods you serve your family. A colorful plate of broccoli, baked

potato, and broiled ham is much more appealing than an anemic-looking meal of white fish, mashed potatoes, and cauliflower. The all-white meal is a nutritious one, but such a combination scarcely stimulates a lagging appetite. You can add to the attractiveness of a plate of food by using different shapes, too. A baked potato, snap beans, and a pork chop make a more interesting plate of food than French fries, carrot sticks, and frankfurters.

Just as important as color combinations is variety of flavor. Bland foods such as white bread, potatoes, or rice go well with highly flavored foods

such as cured ham, cheese, or vegetables of the cabbage family. A contrast of sweet and sour flavors can add interest to a meal.

Last but not least of these "tricks of the trade" to make meals appeal to your family is the temperature of the food when it is served. Serve hot foods hot and cold foods cold!

Colorful, attractive foods are easy to prepare. By following good food preparation methods and by using tested recipes, you can have tasty attractive food. Food served from sparkling clean dishes arranged in an orderly way on a spotless table will enhance any family meal.

## QUICK MEALS

Quick meals should be planned the same as other meals—to meet the food needs of the family. A meal can be put before your family quickly, providing you

1. have done some pre-preparation—as preserving food or other preparation a few hours

before the meal;

2. are willing to pay someone else to prepare it, by buying foods that are ready to eat or almost ready to eat;
3. are willing to buy steaks, chops, or hamburger for your meat dish.

## FOOD COSTS

Like most homemakers, you try to feed your family well at a reasonable cost. Your newspaper and radio market reports will help to keep you informed on the current food situation in your community. Using the BASIC SEVEN food guide, here are a few ways to ease your food budget:

1. Buy foods in season—they are usually more reasonable in price than at other times.
2. Take advantage of special

food sales—occasionally food markets sell frozen or canned foods at marked reductions when a new crop is about ready to come on the market.

3. Buy inexpensive cuts of meat, especially variety meats. They add spark to your meals as well as good eating.
4. Make your main dinner dish a combination of meat with dried beans or cereal.

# >>> SUGGESTED FAMILY MEALS

Basic Plan for the Three Daily Meals	MENU 1	Food Group	MENU 2	Food Group
<b>BREAKFAST</b>				
Fruit or fruit juice				
Cereal in some form and/or egg				
Cereal in some form and/or meat				
Bread in some form				
Milk				
Hot beverage for adults				
<b>DINNER</b>				
Meat, fish, or poultry				
Potatoes				
A vegetable				
A vegetable or fruit salad or vegetable relish				
Bread and butter if extra energy food is needed				
Dessert—light or heavy depending on meal				
Milk				
Beverage for adults				
<b>LUNCH OR SUPPER</b>				
LUNCH OR SUPPER				
Hearty main dish				
Salad or relish				
Bread and butter if extra energy food is needed				
Dessert—light or heavy depending on meal				
Milk				

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MENU 3	Food Group	MENU 4	Food Group	MENU 5	Food Group
		BREAKFAST			
		DINNER			
		LUNCH OR SUPPER			

## BASIC 7 FOODS <><><><><>

**1. LEAFY, GREEN, AND YELLOW VEGETABLES.** Raw, cooked, canned, or frozen. **One or more servings daily.**

Asparagus, green	Cabbage, green	Edible greens	Pumpkin
Beans, Lima and snap, green	Carrots	Lettuce, leaf	Spinach
Broccoli	Chard	Peas, green	Squash, winter
Brussels sprouts	Collards	Peppers, green or red	Sweet potatoes

**2. CITRUS FRUIT, TOMATOES, RAW CABBAGE, OTHER FOODS HIGH IN VITAMIN C.** Fresh, canned, or frozen. **One or more servings daily.**

Grapefruit and juice	Pineapples, raw	Tangerines	Greens, salad
Oranges and juice	Strawberries, raw	Cantaloupes or muskmelons	Peppers, green, raw
Tomatoes and juice	Limes	Cabbage, raw	Turnips, raw
Lemons and juice			Potatoes, new, cooked in skins

If foods in Group 2 are hard to get, use more from Groups 1 and 3, especially raw ones.

**3. POTATOES AND OTHER VEGETABLES AND FRUITS.** Raw, cooked, frozen, canned, or dried. **Two or more servings daily.**

Potatoes	Eggplant	Sauerkraut	Cherries	Pineapple and juice, canned
Beets	Lettuce, head	Squash, summer	Cranberries	Plums
Cabbage, white	Mushrooms	Turnips	Currents	Prunes
Cauliflower	Onions	Apples	Dates	Raisins
Celery	Parsnips	Apricots	Peaches	Rhubarb
Corn, sweet	Radishes	Bananas	Pears	Watermelon
Cucumbers	Rutabagas	Berries		

**4. MILK, CHEESE, ICE CREAM.** Milk: whole, skim, evaporated, condensed, dried, or buttermilk. **Children through teen-age ..... from 3 to 4 cups daily**

**Grown-ups ..... at least 3 cups daily**

**You may use the following foods to get the same amount of calcium as you get from 1 CUP OF MILK:**  
Cheddar-type cheese ..... 1-inch cube  
Cottage cheese ..... 1½ cups

Pregnant women ..... at least 1 quart daily  
Nursing mothers ..... about 1½ quarts daily

Cottage cheese ..... 1½ cups

Children through teen-age ..... from 2 to 4 cups daily  
Grown-ups ..... at least 3 cups daily  
Pregnant women ..... at least 1 quart daily  
Nursing mothers ..... about 1½ quarts daily

**5.**

**MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS.** Meat, poultry, fish: fresh, canned, cured, or frozen. One serving daily and an egg.

Beef	Poultry	Variety meats: Liver
Veal	Game	Heart
Pork	Fish and shellfish	Kidney
Lamb	Eggs	Brains
Mutton	Dried beans and peas; nuts and peanut butter—2 or more servings a week	Tongue
Lunch meat, as bologna		Sweetbreads

**6. BREAD, FLOUR, CEREALS.** Whole-grain or enriched. Some every day.

Breads and rolls	Crackers, enriched, whole-grain, or soya	Cereals, whole-wheat or rolled oats;
Whole wheat	Flour, enriched, whole-wheat or other whole-grain	brown or converted rice; or other cereals, whole-grain, enriched.
Dark rye		
Enriched		
Combinations of flours		

**7. BUTTER, FORTIFIED MARGARINE.** Some daily.

**ENERGY FOODS.** The foods listed here chiefly give energy. They may be eaten in addition to the Basic Seven foods, but not in place of them.

Fats	Jams	Pastries
Salad dressings	Sugars and syrups	Candies
Jellies	Cakes	Other sweets

# the easy BASIC 7 way...



**1** LEAFY, GREEN, AND YELLOW VEGETABLES. Raw, cooked, canned, or frozen. One or more servings daily for vitamin A and some iron.



**2** CITRUS FRUIT, TOMATOES, RAW CABBAGE, OTHER HIGH VITAMIN-C FOODS. Fresh, canned, or frozen. One or more servings daily for vitamin C.



**3** POTATOES AND OTHER VEGETABLES AND FRUITS. Raw, cooked, canned or dried. Two or more servings for various nutrients.



**4** MILK, CHEESE, ICE CREAM. Milk: whole, skim, evaporated, condensed, dried, or buttermilk, for calcium especially.



**5** MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS. Meat, poultry, fish, fresh, canned, cured, or frozen. One serving daily for protein, B-vitamins, and iron.



**6** BREAD, FLOUR, CEREALS. Whole-grain or enriched or restored. Some every day for energy and B-vitamins.

**7** BUTTER, FORTIFIED MARGARINE. Some daily for energy and vitamin A.

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